

# 30 DAYS OF MOVEMENT WITH THE SUNSHINE SQUAD

Choose a new way to move every day.

 <p>Give a big hug!</p>	 <p>Sing like Calliope!</p>	 <p>March down the hall.</p>	 <p>Blink your eyes.</p>	 <p>Hop like a frog!</p>
 <p>Pretend to fly!</p>	 <p>Stretch your arms to the sky.</p>	 <p>Explore around the house.</p>	 <p>Build a blanket fort.</p>	 <p>Wiggle your nose and toes.</p>
 <p>Walk as quiet as a fox.</p>	 <p>Pretend to sneeze!</p>	 <p>Give a high-five!</p>	 <p>Walk on your tiptoes.</p>	 <p>Waddle like a penguin.</p>
 <p>Hoot like an owl!</p>	 <p>Honk like a goose.</p>	 <p>Balance a book on your head.</p>	 <p>Stand on one leg.</p>	 <p>Roll up in a ball like a hedgehog.</p>
 <p>Dance like a llama</p>	 <p>Fly a paper airplane.</p>	 <p>Open your mouth wide!</p>	 <p>Thank Jesus for 3 things.</p>	 <p>Smile BIG!</p>
 <p>Do the Hokey Pokey!</p>	 <p>Do a somersault.</p>	 <p>Zoom across the room buzzing like a bee.</p>	 <p>Crawl across the floor.</p>	 <p>Crow like a rooster.</p>

Moving our bodies can be such fun!

## MORE FUN WAYS TO MOVE!



Did you know that coloring is movement? It is! **Osahar Octopus** loves to color, and he can hold *eight* crayons at a time - a different color in each arm!



**Fernando Frog** is great at hopscotch! Do you know how to hopscotch? Draw hopscotch squares outside with sidewalk chalk or make the squares inside with painter's tape.



Taking a **bubble bath** is a fun way to move! **Pacci Penguin** loves to scoop up bubbles with her flippers, piling them as high as she can. She also likes to make bubble crowns towering high on top of her head.



**Fendi Fox** loves to **bake** cookies for his friends. Cooking and baking are fun, creative ways to move! Maybe today, you can make a fun snack for family or friends.



One of **Floria Flamingo's** favorite activities is a **Word-by-Word Story**. Here's how it works: You say one word, such as "winter." Then your friend or sibling says your word and adds one more, like "Winter is." Keep going together until you've created a funny story.



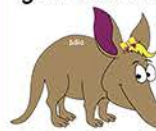
**Obediah Owl** has a great idea for an **indoor snowball fight**! All you need is a bag of cotton balls, a friend, a sibling, or your favorite stuffed animal. Throw snowballs to your heart's delight! Cleanup is quick and easy.



**Sachika Squirrel** has so much fun playing the **Rainbow Game**! Choose a color and count everything you can see in that color. If you play with a friend, each of you can choose a different color. See who can find the most things of that color.



**Don't Let the Balloon Touch the Ground** is **Agape Ant's** favorite game. Blow up a balloon and see how long you can keep it in the air using just your hands and feet.



**Adia Aardvark** loves to play **5 Senses Bingo**! Make your own bingo boards by drawing 9 squares (3 rows of 3 squares each) on a piece of paper. Draw an eye, ear, nose, mouth, or hand in each square. Then, roll a dice. 1 = eye; 2 = ear; 3 = nose; 4 = mouth; 5 = hand; 6 = roll again. Play until someone gets three squares in a row.